



GROUP FITNESS CLASS TIMETABLE

GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA FLOW Paula 6:00am-7:00am	SPIN 45 Tarns 6:00am-6:45am	BOX HIIT Ash 6:00am-7:00am			
 Carolina 7:30am-8:30am		LET'S DANCE Tarns 7:30am - 8:30am		PILATES Simone 7:30am-8:30am	
CYCLE+ CORE Ash 8:30am-9:30am	PILATES Simone 8:30am-9:30am	HATHA YOGA Simone 8:30am-9:30am	LES MILLS BODYPUMP Deb 8:30am-9:30am	GET ACTIVE Ash 8:30am-9:30am	CYCLE + CORE Tarns 8:00am-9:00am
LES MILLS BODYPUMP Sunday 9:30am-10:30am	X-TRAIN Sunday 9:30am-10:30am	CIRCUIT+CYCLE Ash 9:30am-10:30am	FLEXI & FIT Deb 9:30am-10:30am	BOOTY Ash 9:30am-10:30am	YOGA FLOW Lauren 9:00am-10:00am
LES MILLS BODYBALANCE Sunday 10:30am-11:30am			LES MILLS BODYBALANCE Sunday 10:30am-11:30am	 <p>HUNDREDS OF PREMIUM VIRTUAL CLASSES AVAILABLE 24/7 IN THE GROUP FITNESS STUDIO VIA THE TOUCH SCREEN KIOSK AND PLASMA SCREEN</p>	
SPIN45 Tarns 5:30pm-6:15pm	LES MILLS BODYPUMP Sunday 5:30pm-6:30pm	TABATA Tarns 5:30pm-6:15pm	BOX HIIT Ash 5:30pm-6:30pm		
HEELZ Chloe 6:30pm-7:30pm	PILATES Tarns 6:30pm-7:30pm		YOGA FLOW Lauren 6:30pm-7:30pm		

REVS ZONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				HYBRID Tarns 6:00am-6:30am	
FUNCTIONAL STRENGTH Paul 8:30am-9:00am	FUNCTIONAL STRENGTH Paul 8:30am-9:00am		CARDIO SWEAT Ash 8:30am-9:00am	CORE Tarns 6:30am-6:45am	
CORE Paul 9:00am-9:15am	CORE Paul 9:00am-9:15am			CARDIO SWEAT Candy 9:00am-9:30am	
	HYBRID Ash 12:30pm-1:00pm		HYBRID Ash 12:30pm-1:00pm	CORE Candy 9:30am-9:45am	
CARDIO SWEAT Ash 5:15pm-5:45pm				 <p>Add Functional Training to your weekly routine! BOOK your spot early as our small group training sessions have limited capacity.</p>	
CORE Ash 5:45pm-6:00pm			HYBRID Paul 6:15pm-6:45pm		

● SPIN
 ● DANCE
 ● MIND & BODY
 ● STRENGTH & CONDITIONING
 ● CARDIO FITNESS
 ● FUNCTIONAL TRAINING

Our timetable is subject to change

CLASS DESCRIPTIONS

FUNCTIONAL STRENGTH

Our Functional Strength training classes focus on functional movement patterns which help increase your muscle mass, bone density and overall strength.

CARDIO SWEAT

Our Cardio sweat classes are designed to keep you motivated and push you out of your comfort zone. These cardio based training methods are designed to take you and your results to the next level. Mixing up the methods with individual, partner and team workouts.

HYBRID

The best of both worlds- This class is the perfect blend of Cardio Sweat and Functional Strength.

CORE

Fire up your core. This class is the perfect 15minute add-on to your workout or if you are pressed for time – this class will get you sweating! A strong core is vital to body mobility and strength and is key to any training regime.

BODY BALANCE LES MILLS

This class is the perfect mix of yoga, pilates, stretching, tai chi and meditation. Designed to help lengthen muscles, release tension and leaving you with an overall sense of balance and calmness.

BODY PUMP LES MILLS

The ultimate weights class designed to build lean muscle mass and have you feeling fit and strong. Combining scientifically backed choreography, motivating instructors and great music, this class will push you to achieve more than you would on your own.

BOX HIIT

Punch your way through different boxing combinations as well as high intensity full body exercises. Guaranteed to get the heart racing.

CYCLE+CORE

This class provides something for everyone. Cycle your way through heart pumping hill climbs and sprints then hit the mat as we focus on improving important postural muscles and build on your deeper core muscles.

CIRCUIT+CYCLE

The ultimate blend to get the heart rate up and burn those calories on the bike after hitting the body with resistance training for maximum results.

SPIN 45

Spin 45 is a high energy ride that will take your health and fitness to a whole new level. This is a huge calorie burning class that will have you riding an epic endorphin rush for hours after class.

X-TRAIN

Incorporating a mixture of cardio, weighted and core exercises to help tone and condition your body whilst improving your cardiovascular capacity. This class packs a punch.

TABATA

This is the King of high intensity training. Tabata is designed to squeeze maximum burn into minimal workout time. Very short bursts of extremely demanding activity alternated with shorted periods of rest, typically over 4 minute blocks, this class will have you burning calories even after you finish class.

BOOTY

This class is designed to strengthen and develop the lower body, specifically targeting the glutes and assisting muscles, for a fuller more toned looking BOOTY.

HEELS

This class is designed to gently introduce you to the world of dancing in heels. You will learn choreography with the emphasis on building strong dance foundations and techniques whilst finding your body confidence and embracing your sexy self. The song will be posted prior to class each week.

YOGA

A class that takes you on a journey within. Connecting your mind, body and breath through postures and sequences. All classes will have you leaving feeling relaxed and deeply nourished. All levels welcome.

Hatha: Gain a deep nourishment physically and emotionally from holding postures longer and focusing on alignment.

Flow: Creates a meditative state for the mind and body during the continuous flow of movement and breath linking one posture to another.

PILATES

Pilates is a low impact class for everyone who wants to manage back pain, improve their body connection, core strength, and have fun. All levels welcome.

FLEXI & FIT

Fitness and Flexibility all rolled into 1 class. This class delivers a combo of moderate to high intensity movements to provide the ultimate cardio, strength and endurance kick from head to toe. Wrapping class up with exercises designed to improve your overall flexibility and range of movement.

GET ACTIVE

The perfect class if you are new to exercise A full body self-paced workout set up around timed circuits. Work as hard or as easy as you like whilst enjoying the music and great company.

ZUMBA GOLD

This class is perfect for active adults who are looking for a modified intensity and lower impact Zumba experience. Easy to follow Zumba Choreography that focuses on balance, coordination and loads of fun.

LET'S DANCE

Dance and Fitness at its best. Your instructor will have you grooving up a sweat whilst increasing your overall fitness, balance and coordination. A fun variety workout for all levels.



**SCAN THE QR
CODE TO BOOK
A CLASS NOW**